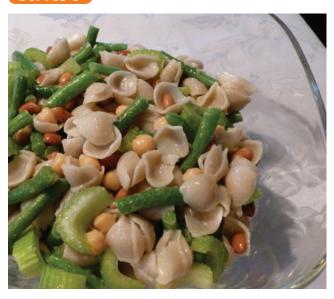
Triple Bean Pasta Salad

A healthy twist on traditional pasta salad, this high fiber recipe is satisfying and delicious.

Serves 8



Nutrition Facts

Serving Size about 1 cup Servings Per Recipe 8

Servings Per Recipe 8			
Amount Per Servin	g		
Calories 360	Cald	ories fron	n Fat 80
% Daily Value*			
Total Fat 9g			14%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 220mg			9%
Total Carbohydrate 57g			19%
Dietary Fiber 7g			28%
Sugars 9g			
Protein 13g			
Vitamin A 10%	• '	Vitamin C	C 15%
Calcium 10%	•	Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Saturated Fat Le	ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Ingredients

- 8 ounces whole grain pasta shells
- 1 pound green beans, trimmed and cut into thirds
- 1 can pinto beans (15 ounces), rinsed and drained
- 1 can chickpeas (15 ounces), rinsed and drained
- 1 bunch green onions, thinly sliced
- · 5 stalks celery, thinly sliced
- salt and pepper to taste

Dressing

- 2 tablespoons honey or maple syrup
- ¼ cup olive oil
- ⅓ cup white wine vinegar
- · 2 tablespoons dijon mustard

Directions

- 1. In a large pasta pot, boil pasta in salted water according to package instructions.
- 2. When 3 minutes remain in cooking time, add green beans to pot.
- 3. Drain and rinse with cold water.
- In a large bowl, combine honey or maple syrup, olive oil, vinegar and mustard. Whisk together well.
- 5. Add remaining ingredients and toss together.

